

Carers Trust About Time Grant Programmes

Evaluation Report

Phase 1: February-October 2015

Key Messages



Key Messages



Introduction

- Carers Trust has provided funding of £975,409 to 30 projects across the two programmes, benefitting 1,805 young adult carers through Time for Change and 138 young adult carers through Take Action & Support.
- The programmes are reaching a distinct group that have fallen through the net between young carers and adult carers services and who are facing particular challenges as young adults who undertake a caring responsibility. There is evidence that the first round of funding has achieved impact for young adult carers, had some influence at a more strategic level and increased the capacity of Network Partners.

Impact on young adult carers

- Based on Carers Star data available, there is evidence that the funding has led to improved outcomes for young adult carers across all domains:
 1. Health
 2. The caring role
 3. Managing at home
 4. Time for yourself
 5. How you feel
 6. Finances
 7. Work.
- Overall, Time for Change programme outcomes appear to have been achieved. Most success has been achieved in improving life chances, health and wellbeing. Some success has been achieved in the outcome related to influencing external stakeholders, but evidence here is less consistent.
- Take Action & Support appears to have contributed to a reduction in young adult carers who are NEET from 39% to 15%.
- One-to-one support and peer support appear to be the highly effective types of intervention in achieving outcomes for young adult carers, along with practical activities such as CV writing and help with applications.
- There has been significant service user involvement in the design and approach of projects, bringing benefits to young adult carers themselves as well as to Network Partners and also contributing to external influence.

Impact on external stakeholders

- Partnership is a key focus with over 100 partnerships from 30 Network Partners and with education accounting for the largest number. There have also been some successes in multi-agency networks and with health and social care providers. There is potential to promote this learning or buddy up Network Partners for peer support.
- For some Network Partners, influencing policy and practice with local stakeholders has been a challenge. This is a key area for achieving more sustainable change for young adult carers and there may be value in exploring the reasons why it has been more challenging to engage with and influence partners in the health and social care sector.

Impact on Network Partners

- Network Partners have benefited from Carers Trust support, training (for example, on the Carers Star) and briefings on policy areas such as the Care Act 2014 and the Children & Families Act 2014.
- The funding has increased Network Partners' capacity to learn about the needs of young adult carers, develop new services, increase their skills and widen their networks.
- The main challenges for Network Partners have been in relation to achieving impact with short funding timescales, meeting the complex support needs of some young adult carers and dealing with the implications of staff turnover on project deliverables. Some Network Partners have faced specific problems in relation to supporting young adult carers over a wide geographical area.

Understanding impact and sharing learning

- The Carers Star has generally been popular as a development tool and as a means of providing evidence although data has not been consistently captured by Network Partners. While it is not appropriate for every case (for example, with young adult carers who only engage sporadically) it is the single most powerful means of communicating that projects are making a difference and thus will be important for project sustainability beyond the lifetime of the funding.
- Carers Trust could make greater use of data from the Carers Star, for example to communicate back to Network Partners on overall impact in particular areas, or to identify programmes achieving notable change.
- There may be scope for some peer support to promote use of the Carers Star among Network Partners, for example a learning session run by Network Partners that have had particular success with using it.

- Evidence of programme impact could be strengthened by:
 - Linking programme outcomes more closely with Carers Star outcomes.
 - Reviewing monitoring forms to reduce the volume and type of information collected and being clearer on its use.
- There is also scope for greater sharing of learning between Network Partners, for example by capturing particularly innovative and effective approaches.

Programme design

- There should be further exploration of whether greater targeting is required, for example to reach more people from black, Asian and minority ethnic communities or male young adult carers.



This publication was commissioned by Carers Trust and has been funded by The Co-operative Charity of the Year.

Authors: Janice Needham and Ann Sanders, independent evaluators.

Carers Trust

32–36 Loman Street
London SE1 0EH

Tel: 0844 800 4361

Fax: 0844 800 4362

Email: info@carers.org

[Carers.org](http://carers.org) matter.carers.org

babble.carers.org

<http://professionals.carers.org>



www.facebook.com/CarersTrust



www.twitter.com/CarersTrust



www.youtube.com/user/CarersTrust

Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870).

Registered as a company limited by guarantee in England and Wales No. 7697170.

Registered office: 32–36 Loman Street, London SE1 0EH.

© Carers Trust 2015

All library photos posed by models.